



Spring 2006

Volume 21 Issue 2

Region V Aging Services Newsletter

Spring 2006

North Dakota
**"A Caring Place To
Grow Old"**

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Service Center**

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Hello everyone! A big thank-you to the Embden Senior Center for hosting the Region V Council on Aging meeting on Friday April 21, 2006. What a great turn out! Everyone agreed the noon meal was just excellent.

The May 19th, 2006 meeting of the Region V Council on Aging will be held at the Hillsboro Senior Center in Hillsboro. You will find the agenda in this newsletter. Our featured speaker will be Linda Catalano, Managing Attorney for Legal Services of North Dakota.

We are still looking for a host in July so if your senior center would like to host the July 21, 2006 meeting, please let me know.

Don't forget to mark the Northern Plains Conference on Aging and Disability on your calendar. It will be held at the Fargo Holiday Inn on September 6 & 7, 2006. This annual event is designed to bring together elders and professionals who share a common interest in the graying of the northern plains.

The cost of the Conference is \$25 for retired persons age 60 and over if you are registered by August 21, 2006. The cost is \$30 after August 21 and \$35 if you register at the door. Fees for professionals and those under 60 begin at \$65. A noon luncheon on the 6th and a full buffet breakfast on the 7th are included in your registration fee.

If you would like more information on the Conference or would like to receive a conference brochure with registration information, please contact Sandy Arends at (701) 298-4420 or you can e-mail her at 85ares@state.nd.us Brochures will not be mailed until early July.

Early Recognition of Dementia

**Submitted by: Kristi Pfliger-Keller,
Director Western ND Regional Center MN-ND Alzheimer's Association**

We have all experienced what we jokingly refer to as a “*senior moment*.” Forgetting where you parked your car, encountering an acquaintance and being embarrassed by an inability to recall his or her name, or walking into a room and forgetting the task that spurred your reason for being there in the first place are all experiences in which most of us can relate.

However, one of the biggest myths surrounding “forgetfulness” is that it is a natural part of aging. Our body and its processes slow down as we age and it may take us a bit longer to remember or recall information. But, excessive forgetfulness is not normal and should warrant further investigation from a trained medical professional. Some of the warning signs of memory loss include disorientation to place or time, difficulty performing familiar tasks, problems with language, and changes in mood, behavior, or personality. It is crucial that a person concerned with memory loss receives a thorough diagnosis. Medical records show that over 200 different types of dementia exist – and Alzheimer's disease is just one of those types. Memory loss can be caused by nutritional deficiencies, depression, untreated thyroid conditions, reactions to medications, and much more.

The Minnesota-North Dakota Alzheimer's Association provides individuals and families affected by Alzheimer's disease and related disorders with information, education and resources that help enhance quality of life and ease caregiver stress. The Alzheimer's Association can be reached in Fargo at 701-277-9757 or our 24-hour, 7 day a week Information HelpLine at 1-800-232-0851. On-line resources can be located at www.alzmnndak.org.

Thoughts for the Season

"Courage is about doing what you're afraid to do. There can be no courage unless you're scared."

-- Eddie Rickenbacker

"Care more than others think wise. Risk more than others think safe. Dream more than others think practical. Expect more than others think possible."

**-- Howard Schultz,
Starbucks owner**

Region V Council on Aging

Friday, May 19, 2006

**Hillsboro Senior Center
205 NW Main Hillsboro, ND
public is welcome**

10:00 - 10:15 Registration

10:15 - 10:20 Welcome by President Orvin Hagen

Pledge of Allegiance

Roll Call of Counties

Secretarial Report – Shirley Shultz

Treasurer's Report – Jean Grinde

Old Business

Confirm Secretarial Position

New Business

Determine Place of July 21, 2006 Meeting

Input by Attendees on What Programs They Would Like

Silver-Haired Assembly Update—Louise Haarstad

Governors Committee on Aging—Kelly Wentz and/or Shirley Blake

Announcements—Sandy Arends



12:00 Noon - 12:45 Lunch * See process to register for meal below

12:45 - 3:00 Presenter: Linda Catalano, Managing Attorney for Legal Services of North Dakota. Linda will present on a variety of topics including: Informed Health Care Consent Law; Health Care Directives; Living Wills in ND; Medicaid—How do Transfers of Resources Affect Eligibility; Medicaid for Couples When One Receives Nursing Home Care; Medicare Savings Plan Programs; Medicare Part D and How to Obtain Services from LSND. Legal Services of North Dakota (LSND) provides information and assistance to low-income or elderly persons in the state of North Dakota. LSND serves all fifty three North Dakota counties and the three northern Indian reservations in the state. LSND is headquartered in Bismarck with regional law offices located in Fargo, Minot, Bismarck and New Town.

*** Note:** Please register for the noon meal at the Hillsboro Senior Center by calling Sandy at 1-888-342-4900 or (701) 298-4420. Meal reservations must be called in by Wednesday, May 17, 2006. People attending are responsible to pay for their own meal. The suggested donation for the noon meal for persons age 60 and over is \$3.00. The meal charge for persons under age 60 is \$6.00.

The 2005 White House Conference on Aging

By Clyde Leimberer, At-Large Delegate

The White House Conference on Aging occurs every 10 years and serves as a catalyst for the development and enhancement of national, state and local aging policies in the US. This year's conference theme was: *"The Booming Dynamics of Aging: From Awareness to Action"*. We were called upon to consider the impact and opportunities presented by the 78 million baby boomers that will begin to turn 65 in 5 years. Our recommendations and strategies will be compiled and presented to Governors in March and to the President and National legislators in June. These are also becoming available on the World Wide Web at: www.whcoa.gov

Some 1200 delegates were selected by the state Governors and national Senators and Representatives. However, I was selected as one of around 200 at-large delegates because of my unique background as Chaplain and workshop presenter. Other delegates from ND were: Shelly Peterson (NDLTCA), Dr. Clayton Jenson (UND School of Medicine and Chm. Good Samaritan Society), Dr. Kent Yohe (Chiropractor from Fargo), Dallas Knudson (Towner), Frederick Baker (Newtown, Governor's Committee on Aging and Native American), Gloria Jetty Lefthand (Spirit Lake Tribe, St. Michaels, ND) and I.

Broad themes included:

1. Planning along the lifespan
2. The workplace of the future
3. Our community
4. Health and long term living
5. Civic engagement and social engagement
6. Technology and innovation in the emerging senior/boomer marketplace

Displays of Technology, Service Providers and other groups were also available to show how their products and services may help persons retain independence longer or resource our varied organizations.

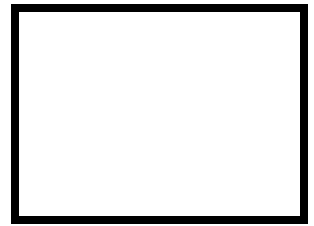
I was the only one from North Dakota to attend a **Roundtable on Global Aging** where representatives of various countries (developed and undeveloped) spoke about their support of aging persons in their nations. Dr. Richard Jackson from the CSIS Global Aging Initiative brought perspective to our conference with the statement: "We live in an era defined by many challenges, from global warming to global terrorism. None is as certain as global aging. And none is likely to have such a large and enduring effect on the shape of national economies and the world order." It was very interesting to find that some European countries have a higher percentage of elderly persons than there are in the US. In recent years, some countries have added taxes to cover long term care insurance for their elderly residents.

A week before the Conference began, we were given 73 recommendations from the planning committee and within 24 hours, we were to vote on our top priorities (30 - 50). On Tuesday, we each selected 3 smaller groups to attend and talk about strategies to accomplish those resolutions.

The top ten recommendations in order as selected by delegates:

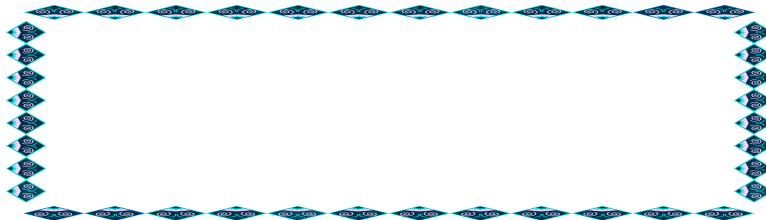
1. Reauthorize the Older Americans Act within the first six months following the 2005 White House Conference on Aging. A number of strategies were proposed including more funding, specific programming for the Native American population, increasing support of family care givers and increased nutrition services.
2. Develop a coordinated, comprehensive Long-Term Care Strategy by supporting public and private sector initiatives that address financing, choice, quality, service delivery, and the paid and unpaid workforce. Strategies to accomplish this included: promotion of Long Term Care Insurance or even a Medicare E to cover long term care costs; various scholarships and incentives to bring adequate numbers of workers into the field; the possibility of giving Social Security wages credit to family caregivers while they care for a family member.
3. Ensure that older Americans have Transportation Options to retain their mobility and independence.
4. Strengthen and Improve the Medicaid Program for Seniors. Strategies proposed to accomplish this included: Ensure that reimbursements equal the cost of care (no caps on reimbursements); Mandate enforcement of the eligibility process and enforce the Budget Reconciliation Act of 1987; Funding parity for Mental Health issues; and provide full funding eligibility for persons eligible for both Medicaid and Medicare.
5. Strengthen and Improve the Medicare Program. Strategies proposed to accomplish this include: an enlarged emphasis on emerging preventative strategies and services; expanded benefits to include dental, vision, mental health, substance abuse and hearing loss; and simplify Medicare part D.
6. Support Geriatric Education and Training for all Healthcare Professionals, Paraprofessionals, Health Profession Students and Direct Care Workers. Ironically, on Monday, while the conference was in session, a congressional committee voted to drop the Title 7 funding for the 50 major Geriatric research departments funded by the Government. (I spoke to Senator Dorgan about this during a personal appointment before I returned to Bismarck.)
7. Promote innovative models of Non-Institutional Long Term Care.
8. Improve recognition, assessment and treatment of Mental Illness and Depression among Older Americans.
9. Attain adequate numbers of Healthcare Personnel in all professions who are skilled, culturally competent and specialized in Geriatrics. This is similar to # 6 but emphasizes the cultural competence and sensitivity to respond to unique wishes and values of Native Americans, persons with alternative sexual preferences and other cultures.
10. Improve State and local based integrated delivery systems to meet the 21st century needs of seniors. Improve and facilitate the communication and coordination between programs and service providers. The Health Insurance Portability Accountability Act (HIPAA) will have to be revised: a speaker likened the act to 'tying the shoestrings together and then ordering the healthcare providers and system to run'.

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New Officers/Change of Address:

If your Senior Organization has a new president (chairperson) or there has been a change of address, please complete and return the form below. Please remove and tape the old mailing label in box below.



Name of President, Chairperson, Individual or Agency Receive This Newsletter:

Name: _____

Street/Avenue/PO: _____

Mailing Address (Must include street address or post office box):

City and State: _____

Nine Digit Zip: _____

Telephone: _____

Return to address at the top of this page.